HEALTHY LIVING I HEALTHY PLANET

FREE

natural awakenings

Good Vibes, Great Outdoors

GREATER ANN ARBOR

JULY 2026

natural awakenings Proudly Announces — A Mini Documentary by EMPOWERED HOSTED BY MEG RYAN

Coming 2026 — On National and Local Public Television, and in your Local Community

A Movement. A Community. A New Model of Health.

A Mini Documentary on KnoWEwell
The **Regenerative Whole Health**® Movement

Real People.
Real Insights.
Real Practitioners.
Real Transformation.

hosted by critically acclaimed actress

MEG RYAN

Register and Join the Movement: **knowewell.com/regenerative-whole-health-movement**

Ann Arbor's DENTIST

FAMILY · BIOLOGICAL · HOLISTIC

SCAN HERE TO SCHEDULE INITIAL PHONE CONSULT

EXPERIENCE THE BIOLOGICAL DIFFERENCE!

WE NURTURE THE MOUTH AS A VITAL PART OF THE WHOLE BODY AND MIND, FOSTERING BALANCE, WELLNESS, AND OPEN CHANNELS OF VITALITY.

WHOLE BODY CARE:

How your oral health connects to overall wellness

- Biological Dentistry
- Oral Cancer Prevention
- Ph Testing
- Genetic Testing
- OralDNA Testing
- Nutrition Healing
- Toxin Elimination
- Individualized Oral Probiotics
- Gluten-Free Options

BIOLOGICAL METHODS:

Safer, biocompatible, minimally invasive dental alternatives

- Micro Plastic free
- BPA-Free
- Bis-GMA Free
- Metal-Free
- Safe Mercury Removal
- Biocompatible Materials
- Cavitation Treatment
- Root Canal Prevention
- Ozone / Ozone Therapies
- BioZirconia
- Mineral Release Fillings
- Fluoride-Free
- Biofilm Optimization
- Biomimetic Fillings
- Remineralization
- Bio Root Canal Removal

iabdm IAOMT HDA

PATIENT EXPERIENCE:

Comfort-focused technology & a personalized approach

- Minimally Invasive
- Laser Bacteria Removal / Laser Dentistry
- Oral Cancer Prevention
- Ph Testing
- Essential Oils + CBD
- Organic Options
- Radiation Detox plan for after xrays
- Customized PH balancing protocols
- Personalized Dr. and patient phone consultations
- Comfort Dogs - Como & Nova

Temporary Location:
3100 E. Eisenhower Pkwy., #200, Ann Arbor
WWW.ANNARBORSDENTIST.COM

734-747-6400

natural awakenings

FRANCHISE OPPORTUNITY

2026 NEW YEAR. NEW YOU!

Become the trusted voice and partner in your community while building a purpose-driven business—own a *Natural Awakenings*® magazine franchise and connect conscious consumers and values-aligned organizations through a powerful print, digital, and community platform that promotes healthier people, a healthier planet, and sustainable local prosperity.

MAKE AN IMPACT IN YOUR COMMUNITY

NEW MODEL. NEW LOWER COSTS. NEW OPPORTUNITIES.

corp.naturalawakenings.com ☎ 239.206.2000

SCAN ME

THE CUT, SCRATCH, SCRAPE OINTMENT

Doctor Radow's 10% Povidone-Iodine Ointment

DOCTOR RADOW'S
POVIDONE - IODINE 10%
FIRST AID ANTISEPTIC OINTMENT
AVAILABLE IODINE 1%
NET WT. 1 OZ (28.35 g)

✓ **3X Faster Healing**

✓ **NO Sting**

✓ **NO Antibiotics**

When it comes to cuts, scrapes, burns, or surgical wounds, you need a solution that's both effective and gentle.

Doctor Radow's Povidone-Iodine Ointment is the clear choice over triple antibiotic ointment (TAO):

FEATURE	TRIPLE ANTIBIOTIC OINTMENT (TAO)	DOCTOR RADOW'S OINTMENT
Anti-Fungal	✗	✓
Effective Against MRSA	✗	✓
Post-Surgery Application	✗	✓
Recommended for Diabetics	✗	✓
Long-Term Use (Sustainability)	✗	✓
Emergency Use (Hospitals)	✗	✓
Contains Antibiotics	YES	NO

MADE IN THE USA

Equip your first-aid kit with the trusted choice of hospitals.

ORDER NOW!

DoctorRadows.com

DOCTOR RADOW'S

DOCTOR RADOW'S HELP LINE
(386) 414-1809

FILL IT UP fresh

First Friday of every month

10% OFF all produce!

PEOPLE'S FOOD CO·OP
NATURAL FOODS MARKET & DELI

PEOPLE'S FOOD CO·OP
NATURAL FOODS MARKET

$10 OFF YOUR NEXT PURCHASE OF $100 OR MORE
EXPIRES 7/31/26

200534 610007

Coupon is for in store visit only & must be presented at purchase. Other restrictions: No other discounts, gift cards, pre-ordered cases, Co-op cash, beer or wine. One coupon per customer.

Healing in Plain Sight

I've come to realize that some of life's greatest healing is hiding in plain sight.

Nature is one of life's most accessible and overlooked sources of healing. Whether it's the warmth of the sun on our skin, the sound of birds singing overhead or the simple act of tending a garden, the natural world has a remarkable way of bringing us back into balance. For me, some of life's most meaningful moments happen outdoors, where I feel grounded, peaceful and connected.

Many of my favorite memories from the home-unschooling of my children's years were rooted in nature. We spent countless hours outdoors—gardening, identifying herbs along woodland trails and exploring the wonders of the natural world together. Those experiences taught us that learning doesn't always happen within four walls. Sometimes, the greatest lessons come from simply paying attention to the abundance of life all around us.

This time of year, our home is surrounded by beauty. Every evening we fall asleep to the soothing chorus of frogs and bullfrogs, and each morning brings new blooms, vibrant colors and fresh reminders that life is constantly renewing itself. These simple moments never fail to fill us with gratitude.

One discovery our family has especially enjoyed is the Merlin Bird ID app. During a recent visit from my daughter Cassidy, we used it to identify more than a dozen different bird species by their songs alone. What started as a fun activity quickly became a deeper appreciation for the rich variety of wildlife sharing our space. Suddenly, familiar sounds became individual voices, each with its own unique story.

We've also been busy tending the garden. Although we got a slightly later start than usual, there is always something rewarding about getting your hands in the soil and nurturing healthy plants. Gardening reminds us to slow down, be patient and work in harmony with nature's rhythms.

I recently heard on a podcast that the benefits of natural light aren't limited to standing directly in the sunshine. The speaker explained that simply opening a window and allowing natural light into a room can be beneficial. As light enters a space, it bounces, reflects and refracts off the surfaces around us, still reaching our bodies in meaningful ways. Even indirect light can help support our body's natural rhythms, mood and sleep.

As you enjoy this month's issue, I encourage you to open the windows, take a walk, listen to the birds and soak in the beauty of the season. Nature is always offering us small gifts of peace, renewal and perspective. In a world that moves quickly, some of life's greatest healing is often closer than we realize—hiding in plain sight, waiting only for us to notice.

Wishing you sunshine, birdsong and all of the simple healing gifts of summer,

Trina & John

HEALTHY LIVING HEALTHY PLANET

natural awakenings

CONTACT US

734-757-7929
Publisher@HealthyLivingMichigan.com
HealthyLivingMichigan.com

Natural Awakenings
P.O. Box 2717,
Ann Arbor MI, 48106

GREATER ANN ARBOR EDITION

Publishers	**John & Trina Voell III**
Design & Production	**John & Trina Voell III**
Ad Design	**Josh Halay**
Editors	**John & Trina Voell III**
Proofreader	**Randy Kambic**
Calendar	**Theresa Archer**
Sales & Marketing	**John & Trina Voell III**
Distribution	**Gordon Kutella** **JP Pausch** **John & Trina Voell III**
Website Design	**Locable**
Website & Social Media	**John & Trina Voell III**

NATIONAL TEAM

CEO	**Kimberly B. Whittle**
COO	**Michael Bevilacqua**
CMO	**Vee Banionis**
Sr. VP Operations	**Brian Stenzler, DC**
National Editor	**Sandra Yeyati**
Editor	**Brooke Goode**
Copy Editor	**Melanie Rankin**
Print Production Specialist	**Kevin Rankin**
Design Director	**Agnes Mazeikaite**
Production	**Flip180**
Customer Service	**Dani Bucad**
National Contact	**350 Main St, Ste 9B** **Bedminster, NJ 07921** **239-206-2000**

PRINTED WITH SOY INK

Natural Awakenings is printed on partially recycled and fully recyclable newsprint with black soy ink.

© 2026 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. *Natural Awakenings* is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.

Contents

12
Joys of Loose Leaf Tea

13
Melatonin Power

14
Wellness Without Walls

17
Embracing Water's Magic

18
Journeys That Change Us

20
Summer in Every Bite

24
Rhythm and Renewal

26
Cool Canines

17

8

10

20

Departments

8 News Briefs
10 Health Briefs
12 Eco Tip
13 Product Spotlight
14 Feature Story
17 Inspiration
18 Wise Words
20 Conscious Eating
24 Healing Ways
26 Natural Pet
27 Calendar
30 Resource Guide

Own Your Own Franchise

Turn your passion into a business. Make a difference in your community. Become a *Natural Awakenings* franchise owner. Visit: *Corp.NaturalAwakenings.com.*

Advertising & Submissions

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

Biological Dental Practice Continues Patient Care While Rebuilding New Space

Dr. Keith Dobracki

Ann Arbor's Dentist continues providing exceptional biological and holistic dental care from its temporary location while restoration of its primary office moves forward following extensive water damage. Located just five minutes from the original office, the temporary practice allows patients to receive the same trusted care in a safe, welcoming environment without interruption.

Throughout this transition, the practice has remained committed to the principles that define biological dentistry. Patients continue to benefit from advanced, health-conscious care including biocompatibility testing, biomimetic restorations, metal-free dentistry, BPA-free materials, laser dentistry and preventive approaches that support remineralization and help reduce the need for fillings.

As the permanent office is rebuilt, every detail is being carefully designed with patient wellness in mind. The new space will feature eco-conscious and non-toxic building materials and paints, low-EMF considerations, advanced air purification, comprehensive water filtration and ion-generating technology to create an environment that aligns with the practice's biological philosophy and supports whole-body health.

Ann Arbor's Dentist serves patients of all ages—from young children to older adults and those with dental anxiety—providing personalized, compassionate care focused on long-term wellness and lasting results. The team combines the latest advances in dentistry with principles rooted in naturopathic and functional medicine to deliver a truly integrative approach to oral health.

Dr. Keith Dobracki is a featured guest on bio-optimization and biohacking podcasts and a keynote speaker at health-focused summits, where he shares his expertise on the connection between oral health and overall wellness.

Temporary location: 3100 E. Eisenhower Pkwy., Ste. 200, Ann Arbor. For more information or to schedule an appointment, call 734-747-6400 or visit AnnArborsDentist.com. See ad page 3.

Ninth Annual Festival Celebrates Lavender Season in Full Bloom

The ninth annual Lavender Harvest Festival will welcome visitors to a weekend of family-friendly activities, outdoor exploration and lavender-inspired experiences in Milan. Scheduled for July 11 and 12, the festival celebrates the beauty of lavender season while showcasing one of Michigan's premier lavender-growing destinations.

Guests will have the opportunity to stroll through more than 10,000 lavender plants in full bloom and experience the sights, colors and fragrances of the harvest season. Visitors can also participate in u-pick lavender activities, purchase hardy lavender plants for home gardens and capture memorable cell phone photos among the blooming fields and decorative photo displays.

The festival features more than 50 artisan vendors offering handcrafted goods, along with local food trucks serving a variety of refreshments and specialty foods. Guests can enjoy lavender lemonade while exploring vendor displays and learning more about lavender products and their many uses.

Families will find plenty of entertainment throughout the event, including a petting farm with riding ponies and a variety of animals. Face painting and henna tattoos provide additional activities for children and adults alike, creating an engaging atmosphere for visitors of all ages.

Festival attendees can also shop for lavender bath and body products, CBD farm products and other lavender-inspired merchandise. The annual event continues to grow as a summer tradition that brings together agriculture, wellness, shopping and community in a scenic outdoor setting.

Location: 12040 Plank Rd., Milan. For more information, call 734-239-2213 or visit LavenderLaneMI.com.

River Trips Create Opportunities for Adventure and Relaxation

Skip's Huron River Canoe Livery & Outfitters offers outdoor recreation opportunities for visitors seeking adventure, relaxation and a closer connection to nature. Operating since 1973, the Ann Arbor-area destination offers canoe, kayak and tubing experiences along one of the most scenic stretches of the Huron River, making it a popular choice for families, couples, friends and outdoor enthusiasts.

The company provides a variety of river trips designed to accommodate different experience levels and interests. The Dexter-Huron to Delhi Metropark Paddle Trip, available on weekdays, starts at $26 and typically takes one to two hours. The Dexter-Huron to Delhi Metropark Tubing Trip, available every day except Wednesday, starts at $28 and generally lasts two to three hours. For visitors seeking a longer adventure, the Hudson Mills to Delhi Metropark Paddle Trip starts at $40 and offers three to four hours on the water.

Unlike many other waterways, the scenic section of the Huron River served by Skip's allows visitors to enjoy their outing without navigating dams, lakes or portages. Participants paddle or float through beautiful Metropark landscapes while observing wildlife, wooded shorelines and the tranquil character that makes the river a favorite destination for outdoor recreation.

To enhance convenience, Skip's provides transportation to launch sites, allowing guests to return to their vehicles at the conclusion of their trip. With departures scheduled throughout the day, visitors can easily plan an outing that fits their schedule.

Whether planning a family adventure, a gathering with friends or a peaceful day on the water, guests discover an enjoyable way to experience the natural beauty of southeast Michigan. Skip's continues its longstanding tradition of helping visitors create memorable experiences on the Huron River.

Location: 3902 E. Delhi Rd., Ann Arbor. For more information or to arrange a trip, call 734-769-8686 or visit PaddleTheHuron.com.

Children's Garden Inspires Exploration Through Nature Play

Matthaei Botanical Gardens provides engaging opportunities for children and families through its Gaffield Children's Garden, an interactive outdoor space designed to inspire curiosity, creativity and a deeper connection with nature. Located within the botanical gardens, the children's garden combines exploration, hands-on learning and imaginative play in an environment that encourages discovery at every turn.

The garden is built around the belief that play is essential to healthy child development and serves as a pathway for children to learn about themselves and the natural world. Through open-ended activities and nature-based experiences, young visitors develop problem-solving skills, critical thinking abilities and an appreciation for the environment.

Families can explore a variety of themed areas throughout the garden. Children build with natural materials in the Builder's Garden, create imaginative adventures in Fairy and Troll Knoll and observe pollinators in the Pollinator Palace. Additional attractions include the Wayfinders Maze, Forest Stage, Sensational Garden, Sandpit and Gretchen Jones Miller Wellness Garden, where children and families can experience fruits and vegetables growing directly from the plants.

The Gaffield Children's Garden also encourages outdoor exploration through trails, natural habitats and spaces designed for reflection, storytelling and creative expression. By blending education with play, the garden helps children develop meaningful connections to nature while creating memorable experiences for families.

Admission to Matthaei Botanical Gardens is free, making the Gaffield Children's Garden an accessible destination for families seeking outdoor recreation, environmental education and nature-based play in southeast Michigan.

Location: 1800 N. Dixboro Rd., Ann Arbor. For more information, call 734-647-7600 or visit mbgna.umich.edu.

Organic U-Pick Farm Offers Hands On Agricultural Experiences

Co-owner Anna D'Lamater

Jacob's Fresh Farm welcomes visitors seeking hands-on agricultural experiences through its organically grown u-pick flower fields, seasonal festivals and family-friendly outdoor activities. The Dexter farm provides opportunities for guests to connect with nature while enjoying the beauty of organic lavender, sunflowers and other specialty flowers cultivated throughout the growing season.

One of the farm's most anticipated attractions is its u-pick lavender experience, which opens in early July and features nearly one-half an acre of organically grown lavender. Visitors can explore multiple varieties of English and French lavender while learning about their unique characteristics. English lavender is known for its sweet fragrance and culinary uses, while French lavender offers long stems and a more robust aroma that makes it ideal for dried arrangements and sachets. Freshly harvested lavender, plants and lavender products are also available for purchase at the farm stand.

Later in the season, Jacob's Fresh Farm opens more than three acres of organically grown sunflowers and cut flowers for u-pick experiences. Guests can stroll through vibrant fields, harvest blooms and create custom bouquets while enjoying a relaxing outdoor environment surrounded by pollinators and natural beauty.

Seasonal events such as the Lavender Bloom Festival and Sunflower Festival provide additional opportunities for families to enjoy artisan vendors, food, crafts and farm experiences. The farm also welcomes professional photographers who reserve sessions among the colorful floral displays, creating memorable settings for portraits and special occasions.

Through its organic growing practices, u-pick experiences and seasonal celebrations, Jacob's Fresh Farm continues to connect visitors with local agriculture while showcasing the beauty of Michigan's summer growing season.

Location: 475 N. Fletcher Rd., Dexter. For more information, call 517-250-1222 or visit JacobsFreshFarm.com.

Lead Exposure and Cardiovascular Disease

Lead exposure is a major environmental cause of cardiovascular disease, responsible for nearly 6 percent of global deaths. A 2026 study in the *Journal of the American Medical Association* links long-term lead exposure to an increased risk of dying from cardiovascular disease. Exposure is measured by how much lead accumulates in the body over time. Using decades of data from more than 42,000 U.S. adults, along with international studies, researchers found that even low levels of exposure increase the risk of heart disease and stroke, and the risk steadily rises as lead accumulates in the body.

Although exposure to lead has decreased worldwide, it remains a major, preventable contributor to global cardiovascular disease. The study's authors emphasize the need for surveillance, regulation and remediation to reduce exposure.

Gut Health in Early Life

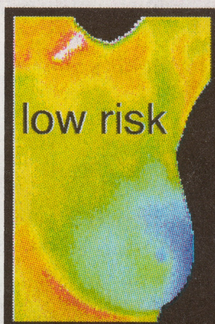
A study in *Nature Microbiology* reports that transitioning babies from milk to solid food reprograms the gut's immune defenses. Weaning introduces diverse microbes into the intestinal tract for the first time, triggering an intense but temporary inflammatory response. During this early phase, intestinal stem cells begin to differentiate between friendly and unfriendly microbes. As these stem cells divide and mature into the full-functioning cells of the intestinal lining, a genetic "memory" of how to respond to microbes develops. When the gut is exposed to threats or friendly microbes later in life, these primed cells recognize the signals and are able to launch a faster and more efficient immune response.

To better understand how this early phase in gut microbiology "trains" the immune system, the research team interrupted stem cell programming by administering low doses of penicillin to young mice, eliminating some beneficial bacteria. The interruption in programming turned out to be critical. As adults, these mice had weaker immune defenses and higher risks of colitis and colon cancer. The study highlights the importance of a diverse microbiome during infancy, suggesting that disruptions in early life—whether from antibiotic use or a poor diet—can permanently compromise the gut's ability to ward off inflammatory disease in adulthood.

Air Pollution Threatens Childhood Health

The American Lung Association's (ALA) 27th annual *State of the Air* report grades counties for unhealthy levels of ground-level ozone and particle pollution. It found that 33.5 million, or 46 percent, of children are exposed to unhealthy air pollution levels. Because their lungs are still developing, kids breathe more air relative to their size than adults. Long-term pollution exposure in youngsters can lead to reduced lung growth, asthma, respiratory diseases, impaired cognitive functioning, heart attacks and cancer.

While the U.S. had made progress in reducing air pollution, the ALA warns that these advances are threatened by extreme heat, wildfires and the rollback of air pollution standards by the U.S. Environmental Protection Agency.



Protect your breasts: find problems early!
Cancers are hot: the cells are very active. With infrared pictures, doctors can find problems early, sometimes earlier than mammograms.
Gently and safely.
No radiation. No compression.
Ann Arbor Thermography
210 Little Lake Drive, Suite 10
on the west side of Ann Arbor
Infrared breast cancer screening
A service of Dr. Sickels MD. drsickels.com
AAthermography.com
734-332-6290

Brain Waste Disposal May Resolve Parkinson's

Parkinson's disease, a progressive neurological disorder that damages dopamine-producing neurons in the brain, affects more than 10 million people worldwide. It causes the loss of nerve cells that control movement, resulting in tremors, stiffness, slow movement and balance issues. Researchers attribute nerve cell loss to a buildup of misfolded alpha-synuclein protein due to a faulty waste disposal system in the brain.

Researchers from Swinburne University of Technology, in Australia, have developed a compound that removes Parkinson's-associated proteins from mice by enhancing the brain's waste disposal system, resulting in balance and mobility improvements. In April, their findings were presented at the Oxford Glymphatic & Brain Clearance Symposium, in the UK. The researchers hope to secure approval for early-stage human testing within a year.

Kimchi May Help Excrete Nanoplastics

An estimated 10 to 40 million metric tons of microplastics and nanoplastics are released into the environment every year. These particles have been found in nearly every major human organ, and they are linked to chronic health conditions, including reproductive issues, cancer and heart disease. Because avoiding all plastic particles may be impossible, scientists are exploring ways to remove them from the body.

Scientists at the World Institute of Kimchi discovered that a specific probiotic bacterium (*Leuconostoc mesenteroides*) found in fermented kimchi can bind to polystyrene nanoplastics in the gut and help flush them out. In a study published in *Bioresource Technology*, the research team fed nanoplastics, along with the bacterium, to mice that were subjected to the highly acidic and turbulent intestinal conditions of humans. About 57 percent of the bacterium absorbed nanoplastics. The mice given the probiotic excreted more than double the amount of nanoplastics in their feces compared to the control group. Researchers recommended further studies with the human gut.

Stress Less & Sleep Deeper

Calm your nervous system. Recharge your body. Rest more deeply.

Harmonic Egg®
Reset your nervous system

Pulse PEMF
Recharge your cells + relax

BioCharger
Energize + balance your life

Save $90

Regular Value: ~~$210~~

July Special: $120

Give your body the reset it has been asking for.

Williamston, MI

By Appointment Only • 517-599-4949

Miraculous Energies Wellness Center

Joys of Loose Leaf Tea

by Natural Awakenings *staff*

For many, brewing tea begins with a small paper sachet in a mug. While convenient, these single-use tea bags often contain plastic fibers, pesticide residues and excessive packaging. Filled with "dust and fannings"—tiny leaf bits—they steep quickly, but can lack freshness and depth of flavor.

Sustainable loose leaf tea offers a healthier, more enjoyable alternative, allowing drinkers to experience the full flavor and beauty of whole or large, broken leaves and flowers that expand as they steep. Advocates treasure tea time as a daily ritual that brings together flavor, creativity, calm and a deeper love for plants, with bonus ecological points for buying loose tea in bulk.

Tea Types

Black, green, oolong and white tea come from the same plant, *Camellia sinensis*. White is the least processed, picked when the leaves are young and have the least caffeine. Green tea leaves are dried briefly, preserving the plant's color, nutrients and low caffeine. Black is fully oxidized, producing dark, bold brews that pair well with milk. Oolong is oxidized halfway between green and black, offering freshness and complexity.

Herbal and floral teas provide a caffeine-free escape with various health benefits and delightful tastes. Chamomile and lavender are popular for easing stress and improving sleep. Hibiscus, enjoyed hot or cold, boasts a vibrant red hue, tangy taste and high levels of vitamin C, supporting heart health, weight management and reduced inflammation. Peppermint tea offers a refreshing flavor and digestive benefits. Ginger tea, with its spicy kick, is a potent antioxidant to soothe nausea, aid digestion, control blood sugar, support weight management and reduce inflammation.

Sustainable Brands

Prioritize organic and/or regenerative brands without synthetic pesticides, fertilizers or insecticides. Great options include Frontier Co-op, Full Leaf Tea Company, Arbor Teas, Rishi Tea & Botanicals, Numi, Equal Exchange, Art of Tea and Firebelly Tea. Compostable, eco-friendly packaging is also a plus. Check for certifications like USDA Organic Certified, Rainforest Alliance Certified, B-Corporation or Certified Fair Trade.

Brewing Tips

Heat water to about 200° F. Measure one to two teaspoons of loose tea per eight ounces. Pour hot water over leaves and steep for three to seven minutes, then strain the leaves. Over-extraction leads to a bitter result. Sweeten with stevia, monk fruit or honey.

Great choices for loose leaf tea strainers include large stainless steel basket infusers with room for optimal leaf expansion and compact mesh balls for single cups. A French press or teapot with built-in infuser are excellent choices for a full pot of tea. Remember to compost used tea leaves.

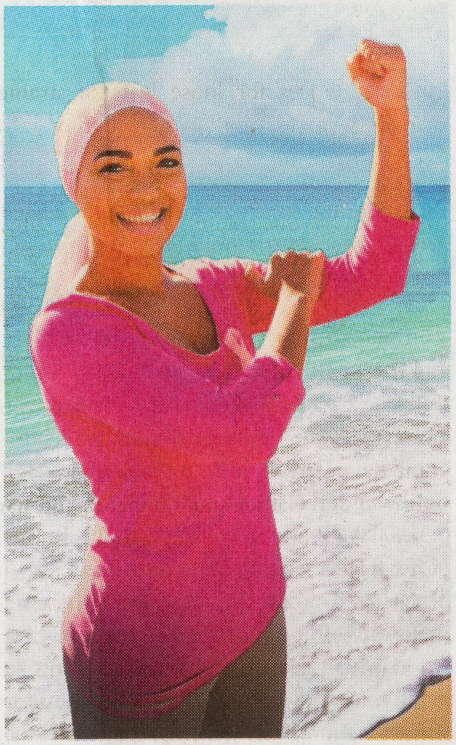
Drying and Storage

For homegrown teas, harvest leaves in the morning after the dew has dried and brush off any dirt. Skip washing with water to prevent mold. Gather small bunches and hang them upside-down in a dry, cool space away from sunlight. Alternatively, spread individual leaves on a drying screen that allows airflow. Drying can take a week or more. Store in an airtight tin or dark glass container away from direct sunlight and heat.

Product Spotlight *from CancerFightingStrategies.com*

Melatonin Power

Free Radical Scavenger Protects Cells and Fights Cancer



Free radicals are unstable molecules that damage DNA and accelerate aging. Every cell produces free radicals, and so must also produce protection from them. The most powerful of your cells' protection agents is, amazingly, the sleep hormone, melatonin. Every cell in your body produces it as a major part of its antioxidant protection process. While most antioxidants neutralize only one free radical before they must be recycled, melatonin can neutralize nine or ten free radicals before getting used up.

Melatonin has many powerful cancer fighting actions. Alternative practitioners using repurposed drugs to fight cancer, recommend high doses of melatonin as an important part of their anti-cancer protocols. It activates the immune system to fight cancer, cuts off blood supply to cancer tumors, makes it hard for cancer cells to replicate, and more.

At the *CancerFightingStrategies.com* antioxidant page, you can learn more. And most importantly learn about a powerful new alternative to high dose melatonin pills. Melatonin Optimization Elixir. It tells the body to naturally increase production of melatonin in cells to optimally protect them from free radical damage. And to produce high amounts of melatonin to optimize its cancer fighting abilities. Much higher amounts than can be achieved by taking pills. While at the same time keeping hormonal melatonin at much lower optimal levels. So you get the most of both worlds. Better sleep, better cancer fighting, and better overall health.

For 20 years Cancer Fighting Strategies has been rating products for their cancer fighting abilities. The ones that test the strongest consistently have produced the best results. Melatonin Optimization Elixir is testing as the second strongest cancer fighter ever tested.

Protecting cellular DNA from free radical damage is essential for preventing recurrence of cancer. Melatonin Optimization Elixir does this and much more. It fortifies every level of the healing process—from immune balance to tissue repair while at the same time powerfully fighting cancer.

Location: Grand Rapids, MI. For more information, visit CancerFightingStrategies.com. For a free consultation, go to GetHealthyAgain.com. See ad on this page.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The products and information contained herein are not intended to diagnose, treat, cure or prevent any diseases or medical problems. It is not intended to replace your doctor's recommendations. The information is provided for educational purposes only. Nutritional benefits may vary from one person to another.

Dealing with
CANCER?
THERE IS HOPE!
Don't
Fight Cancer
with One Hand Tied
Behind Your Back!

678.271.0277
Free Consultations
to discover what else
can help you!

- Learn the best strategies at CancerFightingStrategies.com
- Helping others for 25 years to win the battle against cancer
- Support chemotherapy and enhance liver function

Our
Strongest
Cancer
Fighter
NARIGRAV

SCAN THE QR CODE
FOR MORE INFORMATION

CancerFightingStrategies.com

SCAN THE QR CODE
FOR ORDERS AND MORE

800.832.9755
GetHealthyAgain.com
Cancer, Candida, Autism
Autoimmune Conditions

Advertorial

Wellness Without Walls

Outdoor Connections for Body and Spirit

by Marlaina Donato

Adobe Stock | [illegible]

Our daily lives can feel like a series of predictable routines often confined to the indoors, but a growing outdoor wellness movement is opening up new possibilities by weaving nature into holistic health practices and social gatherings. Whether paddleboarding along a tropical waterway, working out in the park or volunteering at a horse sanctuary, stepping outside brings a wealth of benefits.

The American Psychological Association suggests that spending at least two hours a week in nature can nourish our physical and mental well-being, helping to reduce the risk of depression, cognitive decline and high blood pressure. Plus, engaging in an outdoor activity imparts a natural boost of vitamin D and strengthens our immune system. Research gathered by Colorado State University Sustainability Leadership Fellow Kaiya Tamlyn indicates that spending time outside also encourages greater generosity and a deeper appreciation for the natural world.

With so many activities available in both city and rural settings, it is easy to discover something new while making social connections along the way. Finding balance in a busy world is essential, and combining outdoor time, mindfulness and fun can be incredibly beneficial. There are many options to explore, from meditative mountain retreats to beachside drumming circles under the stars or forest bathing in lush green spaces. In a world where 62 percent of adults admit to being constantly online, swapping screens for something more real can recharge our spirits.

Mindful Resets

When Jennifer Stas-Eliades took up yoga, she bloomed, and from that place of transformation, she felt called to help others do the same. In 2014, she founded Wildflower Yoga Collective, in Flemington, New Jersey. "Yoga is not about being flexible, experienced or a certain age," she asserts. "It isn't about doing a headstand or touching your toes. It's about showing up for yourself, exactly as you are."

In partnership with local businesses, Stas-Eliades pairs yoga classes with fun, social activities in interesting outdoors settings. Yoga at the Vineyard, for example, is held during sunset and includes a wine tasting. Yoga and Horseback Riding begins with a guided ride through breathtaking scenery, followed by stretches and yoga positions that help open the hips. Lavender Yoga takes place in the midst of a blooming field where students are encouraged to breathe in the calming lavender aroma. Afterward, they pick their own bouquet to take home.

"It's the greatest kind of office—being outside, surrounded by it all. I always arrive early, giving myself time to take it in, decompress, root into the ground, pet the horses or walk through the lavender," says Stas-Eliades. "People often come to yoga class carrying the weight of their day—work, school pickups, the constant motion. But then they step onto the grass, onto their mat; the sun hits their skin; the breeze moves around them; and something softens. You're really rooting into the ground in a way that isn't just metaphorical like it can be in the studio. You're smelling the flowers and hearing everything around you."

Exploring Waterways

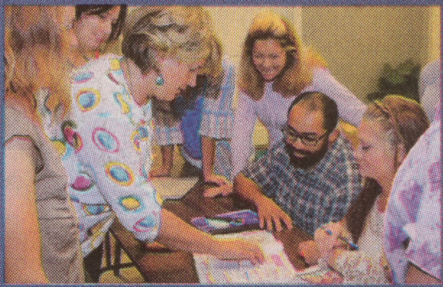
Nicole Killian, owner of SUP Englewood at the Don Pedro Island State Park, in Cape Haze, Florida, provides groups the opportunity to enjoy nature on kayaks or stand-up paddleboards. "Once on the water, we guide participants through mangrove tunnels, coastal waterways or open areas, depending on conditions," says the 20-year paddling pro. "Spotting wildlife is always a possibility, especially dolphins, manatees and birds. We offer a real immersive experience based on what the environment gives us that day."

According to Killian, people that are new to the sport are often surprised at how manageable and enjoyable stand-up paddleboarding and kayaking are. "We design our experiences to be beginner-friendly, so people leave with confidence," she explains. "Families connect, kids get curious and there are also quiet moments on the water that allow people to slow down and really take in their surroundings. Those moments tend to have the biggest impact."

Ultimately, the SUP Englewood team of certified instructors and Florida Master Naturalists aims to inspire an understanding and compassion for the marine ecosystem. "I find that in order for someone to want to conserve the waterways, they have to fall in love with them," says Killian. "We create experiences that motivate people to want to protect the delicate balance of our marine habitats for generations to come."

Dynamic Hiking

Former professional alpine skier Tina Vindum discovered her true passion when she hit a plateau with indoor training. Feeling bored with her usual routine, she decided to take her workouts outdoors and explore the Sierra Nevada terrain. "The natural environment challenged my body in new ways and re-engaged my mind," she recalls. "I quickly saw improvements in performance, along with unexpected benefits like greater focus, calm and a renewed sense of joy."



BELONG. EXPLORE. BECOME.

LET US START YOU ON
THE PATH YOU HAVE ALWAYS WANTED!

NITE
NATUROPATHIC INSTITUTE
OF THERAPIES & EDUCATION

PROVIDING ACCREDITED
30
YEARS
NATURAL HEALTH PROGRAMS FOR 30 YEARS

NATUROPATHICINSTITUTE.ORG

(989) 773-1714 | Mount Pleasant
Contact@NaturopathicInstitute.org

Licensed and
Accredited

Our naturopathic classes offer our students the opportunity to obtain valuable knowledge that will improve their lives in a meaningful way. Not only do we teach natural health techniques and practices, we help people take control of their lives through natural, healthy living. The Naturopathic Institute isn't just a school, it's a community dedicated to naturopathic study and to each other.

Naturopathy .... (each year 600 hours)
Natural Health Educator .... 1st Year
Natural Health Therapist.................... 2nd Year
Natural Health Practitioner .... 3rd Year
Certified Naturopath .... 4th Year

4th Year Graduates are eligible for
Doctor of Naturopathy National Test and Title

Massage Therapy
Therapeutic Bodywork Practitioner..... 1 Year
Meets the State Requirement of 625 Hours to take MBLEx

All Classes Meet on Weekends
Friday: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths.................................... 1 per month
Massage .... 2 per month

New Beginnings!
Emphasis Certification courses beginning January 2026. Call today to get your information packet.

Inspired by her experience, Vindum founded The Outdoor Fitness Institute, a science-based approach to exercise that leverages the natural environment. She uses elements like hills, trails, grass, trees, rocks, benches and open space to create more dynamic, functional movement. "Nature becomes your gym, and your body responds in ways machines simply can't replicate," she explains. "For most people, it can be as simple as walking or hiking on uneven ground, adding hill intervals or incorporating strength exercises like squats, lunges or push-ups in a park."

Vindum believes that moving in open spaces helps people shift from feeling separate from nature to feeling part of it. "Nature brings me a sense of calm, clarity and perspective," she says. "It reconnects me to something deeper—a feeling of freedom, joy and aliveness that goes beyond fitness. It's also how I connect with others."

A 2024 study published by *Frontiers in Aging Neuroscience* backs up Vindum's assertions, finding a significant uptick in prefrontal cortical activation with increasing terrain unevenness during walking. The positive effects of sunlight on mood and mental health have also been researched and confirmed by numerous studies.

Wild Wanderings

Since 1976, Lanny Kaufer has been a firsthand witness to the rejuvenating power of outdoor hikes and finding hidden gems in nature. His Herb Walks in Southern California invite participants to get active while learning about the healing world of edible and medicinal plants. A typical excursion can last two to three hours of easy walking that is accessible for most people.

"After acknowledging the local Indigenous people of whatever location we're in and thanking the plants, we explore the trailside vegetation as we walk, stopping from time to time to point out what's catching my attention, sharing stories about the plants and animals, responding to participants' curiosity, discussing sustainable foraging and learning to identify helpful plants," he explains.

The author of *Medicinal Herbs of California: A Field Guide to Common Healing Plants* says that his journey began with a spiritual awakening in the mountains of the Los Padres National Forest outside his home in Ojai. "I felt the plants speak to me," Kaufer remembers, and that is when he felt called to help protect not only plants but also the rest of nature for future generations.

Over time, he realized that people need to be inspired to protect nature, mostly by understanding why it matters. At nearly 80 years old, his passion is still as strong as it was in the 1970s. "Whether it's a plant that can wash your hair, a seed that plants itself or a leaf that creates its own sunscreen, I am helping people find that value," he says.

Seasonal Stewardship

Volunteering outdoors is a rewarding way to broaden our horizons. Whether we are helping with trail maintenance at a nature sanctuary or organizing campground activities, our efforts can make a positive impact. For five years, Stacy Turner has volunteered at the Winthrop National Fish Hatchery, in Washington state, greeting visitors, conducting hatchery tours and supporting events and field trips. Her enthusiasm for the hatchery's mission is joyful and infectious, inspiring others to join the cause.

"I wanted people to not just look at fish but also learn about the hatchery and all that they do to bring back the success of fish that are native to our area," she explains, adding that visitors of all ages have expressed interest in pursuing a similar path of stewardship. "In a world that is plugged into the internet, it is always hard to remember that you can get way more out of life by stepping outside and exploring what is in your own backyard, and you are never too old to enjoy life."

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

Holistic Care

- **Mood Support**
- **Cancer Support**
- **Family Medicine**
- **Holistic Medicine**
- **Innovative Medicine**
- **Bioidentical Hormones**

Marisa Spradlin RD
Gaia Kile FNP
Danielle Douglas FNP
Malcolm Sickels MD

210 Little Lake Dr., Suite 10
Ann Arbor (west side)
www.drsickels.com
734.332.9936

- **Easy access from M-14, I-94 & Jackson Road**
- **Check drsickels.com for directions & insurance info.**

UPSCALE THRIFT
CASS & CO.
GIFT SHOPPE

Where style meets sustainability. There's something for everyone inside! We offer a variety of high quality items at an affordable price.

REUSE ~ REPURPOSE ~ RELOVE

Mention this ad to get a discount of 20% off entire purchase.

7980 Ann Arbor St, Dexter

Follow us on social media to stay up to date with our sales, specials & events @cassandcothrift for instragram/ facebook/tiktok

Embracing Water's Magic

by Marlaina Donato

Water can delight us during the summer months and evoke a sense of camaraderie as we gather with loved ones around a lakeside campfire, dive into a refreshing pool or simply observe our feathered companions frolic in a backyard birdbath. In a world where more than 2 million people suffer the hardships of water scarcity according to the United Nations, the warm season presents numerous opportunities to appreciate the privilege of abundant water. Taking a moment to express gratitude for our blessings can elevate even the most mundane experiences, such as inhaling the invigorating scent of salt air or listening to the soothing sound of ice clinking against a glass of lemonade.

Given that we spend nine months of gestation in amniotic fluid, and our bodies are estimated to be 60 percent water, it is not surprising that summer inspires us to revel in this sometimes mesmerizing element. Days of seafoam and sandy footprints, waterfall picnics and playful children running through the sprinkler are not fleeting pleasures, but experiences that create lasting memories.

From the body's own tears to metaphysical concepts of energy, water has long been associated with human emotion. Large bodies of its undulating movement—oceans, lakes and bays—mirror moonlight and sunset fire, but anyone that has ever walked a solitary shoreline can attest to its capacity to also reflect our internal landscape.

Indulging in a bath infused with fresh summer herbs or taking a refreshing shower after a demanding day can rejuvenate the spirit. Mindfully pouring water into a pitcher to create sun tea, incorporating edible flowers such as unsprayed pansies into popsicle molds and walking barefoot across rain-soaked grass contribute to the aesthetic beauty of our lives. Educating kids about the importance of water conservation and investing in durable, eco-friendly water bottles are practical ways to reciprocate the invaluable contributions of water to our well-being.

This summer, engage in the practice of self-generated water magic while noticing the emotions these activities inspire. Reserve a special, fancy glass solely for water. Observe the fluid motion of water as a form of meditation. Listen to a recording of ocean surf before sleep, letting the rhythmic "shushing" signal safety and peace.

Marlaina Donato is an author, artist and composer. Connect at WildflowersAndWoodSmoke.com.

Journeys That Change Us

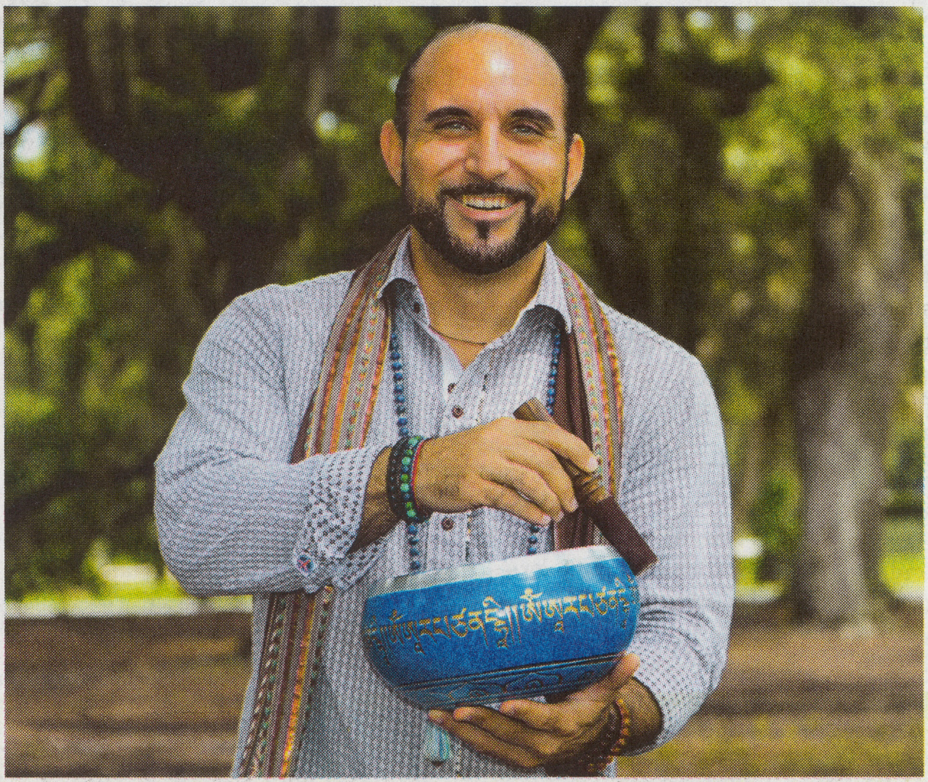
A Conversation With Anthony Profeta

by Sandra Yeyati

Renowned meditation teacher and sound-therapy expert Anthony Profeta leads transformative retreats in spiritual destinations worldwide such as India, Greece, Italy, Bali, Thailand and Nepal. Over the past 26 years, he has dedicated his life to studying Eastern and Western contemplative traditions under the mentorship of esteemed teachers, including Sharon Salzberg, Jack Kornfield, Lama Zopa Rinpoche and the Dalai Lama.

Profeta developed an interest in sound healing during his time in an Indian monastery where Tibetan monks used Himalayan singing bowls in meditation. He conducts transcendent sound baths in sold-out venues across the U.S. and provides singing bowl therapy at the Cleveland Clinic and New Horizons of the Treasure Coast & Okeechobee, a mental health and substance abuse recovery agency. In 2025, Profeta earned the award for Best Sound Therapist in the U.S. from Evergreen Awards.

Profeta's upcoming trips include The Soul of Egypt Tour from September 13 to 24, offering private access to all three chambers of the Great Pyramid; a Sedona retreat from October 29 to November 2, featuring therapeutic hikes among the area's world-famous red rocks; and a return to Egypt in 2027 for The Veil of Ra Eclipse from July 28 to August 4, allowing participants to experience six minutes of midday darkness among the temples of ancient Thebes.



Why are your tours unique?

They are all spiritually oriented, though spirituality isn't required to participate. We visit sacred locations and always include meditation sessions, both in the morning and at the sacred sites. In Italy, my tours feature sound baths. While a local guide often accompanies us, I also provide insights into the spiritual philosophies of the places we explore.

This type of travel is especially powerful when it helps people form a connection to something. We're not just visiting beautiful locations; we're immersing ourselves in places imbued with wonderful energy.

In Rishikesh, we visit the Beatles' ashram, now a museum, which delights fans standing where John Lennon and George Harrison once did. I discuss Transcendental Meditation, which the band members practiced, and we engage in a meditation session there. We might also talk about how their meditation and spirituality influenced their music.

In Bodh Gaya, where Buddha attained enlightenment under the Bodhi Tree, there's always at least one person moved to tears when they sit under the tree. It changes them. In Egypt, some feel like they've had a past life there, and now they're reconnected with it. These trips often become pilgrimages of connection and awakening.

Because it's group travel, it becomes a shared experience that creates lasting bonds. Whether we're watching a sunset in Sedona, walking through sacred sites, sharing meals or riding a bus, we share stories, get to know each other and laugh together. Those moments become emotional anchors that connect people long after the trip ends. Some of the most meaningful journeys are the ones we share.

What makes a place sacred?

That's a tough question to answer because what people consider sacred is subjective. For some, the awe-inspiring peaks of Mount Shasta are as sacred as a 4,000-year-old temple. The beauty of a place can make it spiritual.

Because Assisi is a UNESCO World Heritage site, it cannot be modernized, so you are transported back to medieval Italy. I lead discussions about the life of St. Francis, including his spiritual ideas and practices.

> *"Sometimes the strangers we travel with become the people that transform us."*

People have told me they can feel a deep connection to St. Francis there, sensing his spirit in the olive groves and streets. It's as if they're taking his same footsteps, and it becomes a very spiritual experience.

Varanasi, India, is one of the seven sacred cities to Hindus, where many go to die. In the Hindu tradition, it's a place where cremations occur along the Ganges River. When I take Westerners to witness this, they can't believe it's happening out in the open like that. So, what makes a place sacred is subjective.

What kinds of transformations have you witnessed?

When I guide a meditation in a pyramid or a beautiful location, people start to cry. Some feel connected to a past life; others share that they have received a crucial message they needed to hear. Couples have walked away transformed by the shared experience and the meditations, promising to continue meditating together at home to support each other's journeys.

In Sedona, I've seen people pushed beyond their comfort zones. Whether we're walking or hiking, when they reach the top of the mountain and they're looking out over the valley, they begin to cry and say, "I can't believe I did this." This achievement makes them feel stronger, accomplished and capable of breaking through limiting barriers. They return home feeling more courageous and ready to face other challenges bravely.

What words of encouragement do you have for those afraid of joining strangers in a group-travel setting?

We help people step out of their comfort zones. I often tell them that the beautiful surprises that come from the unknown can be incredibly rewarding. Sometimes the strangers we travel with become the people that transform us. Strangers can become friends, and these friends can feel like family.

Sandra Yeyati is national editor of Natural Awakenings.

3rd party tested, exclusive doctors-only supplement brands

Castle Remedies
Since 1984

Your source for high quality vitamins, herbs, & homeopathy

10% Senior Discount Tuesdays

www.CastleRemedies.com
2345 S. Huron Parkway, Ann Arbor
ORTHOMEGA
CAPSULES 820
del-IMMUNE V DEFENSE
PhytoMulti

Summer in Every Bite

Vibrant, Versatile Salads

by Maya Whitman

Whether we picnic in the park, meet friends for a hike or attend a community event, staying hydrated is crucial while enjoying the outdoors. Besides refilling water bottles, creating a vibrant, hydrating salad—like sweet melon, fiery radishes and arugula with a basil-lime vinaigrette—is a delightful way to enjoy the summer. Seasonal ingredients such as refreshing cucumbers, heirloom tomatoes, leafy greens and blushing fruits have a high-water content, along with vitamins, minerals and antioxidants that boost energy and overall well-being.

Beyond the usual lettuce bowl, summer salads can combine locally sourced produce, whole grains, healthy fats and fresh herbs to satisfy any palate. Versatile and delicious, they travel well and elevate backyard dining. Adding the final pop, a flavorful dressing pulls it all together.

Great Foundations. Sourcing ingredients from our own backyards, local farmers or a community-supported garden offers a world of choices. "Most produce at farmers markets has been picked or harvested at the peak of ripeness within the last 24 to 48 hours. The initial flavor and juiciness are robust and different from produce that is picked and shipped," says Jane Maxwell, former executive director of the Illinois Farmers Market Association, in Naperville, Illinois. She emphasizes that farmers provide diversity rarely seen on supermarket shelves. "Instead of a few types of tomatoes, you may find a vendor with six to 10 different varieties of tomatoes, each with a unique flavor and purpose. The flavor of a yellow citrine tomato is very different from a Cherokee purple, and with the variety of flavors, you also get a wide range of micronutrients.".175

Maxwell recommends shopping according to personal needs and relying on the senses. “Are you using it today, or do you want it to last the week? Fresh produce will have a sweet aroma. Look for bright colors and items without bruising or shriveling,” she advises. “Don’t be put off by unusually shaped produce. It still has all the amazing qualities you are looking for.”

Sometimes the best salad fixings can be found right in our own neighborhood. Hidden gems include honor-system produce setups at the end of driveways and passionate backyard gardeners that share their surplus.

Bountiful Pairings. Nutritious combos can be artful or simple with an element of spontaneity, depending on what is available. Uncommon additions like sweet, ruby-fleshed plums; crisp, thinly sliced, raw fennel; spicy-sweet, shredded, raw turnips; or pitted black cherries can make mellow produce like Boston lettuce sing.

Cynthia Sass, a registered dietitian and plant-based nutritionist in Los Angeles, offers high-performance nutritional advice to celebrities and professional sports figures. In her practice, satisfying the taste buds is just as important as optimizing nourishment. Her favorite side salads are sliced cucumbers and cherry tomatoes marinated in lemon vinaigrette and basil, as well as shredded carrot salad with pineapple, fresh ginger and raisins. For a hearty dinner salad, Sass combines greens, lean or plant-based protein and a complex carb like cooked and chilled quinoa, sweet potato or wild rice. She also likes combining warm and cold elements, beginning with a base of crisp lettuce and adding tempeh, veggie kabobs or skewered baby potatoes fresh from the grill.

“Healthy salads are the most delicious and rewarding. Food is medicine,” says Devon Quinn, the executive chef and co-owner of Eden, a contemporary restaurant in Chicago. He likes to incorporate “legumes of any kind and in any form” in his salads, valuing their added high protein and fiber content. For an innovative texture, he suggests, “cooking beans or lentils, patting them dry and then pan-frying them in olive oil until crispy. When bubbles mostly subside, remove them from the oil and wick away excess fat by laying them out on a paper towel, then season them with kosher salt while hot.”

Delectable Dressings. Healthy sources of fat like avocado and olive oil in zesty dressings can enhance the absorption of carotenoids and other nutrients found in plants, and Sass notes that vinegar can support blood sugar regulation. For creamy dressings, she opts for a base of tahini, a paste made from ground sesame seeds, with fresh herbs and lemon.

Quinn brings out nuances in fruit salads with bright citrus dressings and the addition of piquant herbs like lovage and anise hyssop. For green salads, he adds diced shallots to a vinaigrette made the day before to allow for “pickling” overnight. For a gourmet cheese-like effect without the use of cheese, Quinn pulses in “toasted black walnuts to vinaigrettes with the use of high-quality olive oil.”

Maya Whitman is a frequent writer for Natural Awakenings.

NEW
POWER SMOOTHIE
More Power. Every Sip.
BetterHealth MARKET
PLANT POWERED PERFORMANCE
5G CREATINE
Supports strength, power & recovery
20G PLANT PROTEIN
Builds lean muscle & keeps you full
REAL INGREDIENTS
Blueberries, banana, almond milk, almond butter & nothing artificial
16oz
$9.99
BLUEBERRY BLAST
SMOOTH. CREAMY. DELICIOUS
BLUEBERRIES
ALMOND MILK
ALMOND BUTTER
PLANT PROTEIN
5G CREATINE
BANANA
PERFORMANCE YOU CAN FEEL
PLANT POWERED
100% PLANT POWERED
CLEAN FUEL
EASY TO DIGEST & CLEAN FUEL
FEEL YOUR BEST
NEW!
THE POWER BOWL
BetterHealth MARKET
FUEL YOUR DAY.
BUILD YOUR STRENGTH.
20G PLANT PROTEIN
CLEAN. COMPLETE. POWERFUL.
5G CREATINE
PERFORMANCE. RECOVERY. RESULTS.
INGREDIENTS
AÇAÍ
BANANA
BLUEBERRIES
GRANOLA
ALMOND BUTTER
CREATINE
SAMBAZON
AÇAÍ FROM THE AMAZON
16 OZ
ONLY
$12.49
PLANT BASED
MUSCLE SUPPORT
ENERGY BOOST
REAL INGREDIENTS. REAL RESULTS. | #FUELEDBYNATURE
Save in all our 13 Michigan locations and our Toledo location & online @ betterhealthmarket.com

BLACK WALNUT VINAIGRETTE

YIELD: 1 QUART

½ cup black walnuts, toasted
½ cup shallot, diced
1 Tbsp raw honey
1 Tbsp Dijon mustard
2 cups extra virgin olive oil
1 cup apple cider vinegar
Kosher salt to taste
Freshly ground black pepper to taste

To toast the walnuts, place a dry skillet (no oil) over medium heat. Add the walnuts in a single, even layer. Let them toast for approximately 6 minutes, stirring frequently until they appear toasted and have a toasted aroma. Immediately transfer to a plate to prevent burning.

To make the dressing, add everything but the shallots to a food processor and pulse a few times to incorporate the walnuts. Stir in the diced shallot and refrigerate overnight to allow the shallots to pickle. In the morning, the vinaigrette is ready to drizzle over summer vegetables.

Recipe courtesy of Chef Devon Quinn.

COLD HONEYDEW-BLUEBERRY SALAD WITH MEYER LEMON HONEY DRIZZLE

YIELD: 6 TO 8 SERVINGS

1 large honeydew melon (ripe and fragrant)
2 pints fresh blueberries
1 large Meyer lemon, juiced
1 Tbsp local honey
1 small handful fresh herbs (preferably pineapple sage or spearmint), chopped
1 pinch fleur de sel salt

Scoop out the melon with a melon baller and gently mix in all the other ingredients in a large bowl. Chill in the refrigerator for 2 to 3 hours before serving. For an extra frosty effect, place the already-chilled melon salad in the freezer for ½ hour before serving. Serve in a decorative, colorful bowl with a few fresh herbs sprinkled on top.

Recipe courtesy of Marlaina Donato.

SUMMER BOUNTY GARDEN TOSS WITH JALAPEÑO-LIME DRESSING

YIELD: 6 TO 8 SERVINGS

1 large head of Romaine lettuce, washed and chopped
1 large yellow bell pepper, thinly sliced
1 large red bell pepper, thinly sliced
1 small red or sweet onion, chopped or sliced as thin rings
1 small to medium zucchini or yellow squash, shredded
1 handful fresh mint, chopped
1 handful fresh basil, chopped
2 cups heirloom tomatoes, quartered

DRESSING

½ cup extra virgin olive oil
Juice of 8 limes
1 Tbsp balsamic vinegar
3 Tbsp maple syrup
1 small jalapeño pepper, minced or finely chopped (remove ribs and seeds if less heat is preferred)
¼ tsp applewood smoked salt

In a large serving bowl, toss together the lettuce, red and yellow bell peppers, onion, and zucchini or yellow squash. Sprinkle chopped mint and basil evenly on top and add the heirloom tomatoes. Place the salad in the refrigerator to chill for half an hour to 1 hour before serving.

For the dressing, add olive oil, lime juice, balsamic vinegar, maple syrup, jalapeño pepper and applewood smoked salt in a medium size bowl and whisk until well-blended. Spoon the dressing over individual salad servings.

Recipe courtesy of Marlaina Donato.

Reconnect to what Grounds You

Now Booking Retreats for July, August & September

Stillness & Soil retreats blend acupuncture, herbal tea ceremony, gentle movement, nature walks and curated periods of stillness to restore mind, body & spirit.

Melissa Anderson, L.Ac., is a licensed acupuncturist, trauma-informed facilitator, and ritual guide who helps individuals deepen connection to themselves, the Earth, and their inner wisdom through mindfulness, somatic healing, and feminine-centered practices that cultivate presence, authenticity, and self-discovery.

Melissa Anderson
Facilitator | Ritualist | Guide
Licensed Acupuncturist

2511 Howell Highway | Adrian

StillnessAndSoil.com

(517) 618-0003

BEP Medical Group
Enhanced TMS & Whole-Person Wellness

Wellness for ALL

Personalized care for mind, body, & spirit.

Holistic, Evidence-Based Treatments

- Enhanced TMS (non-drug brain therapy)
- Functional & Integrative Medicine
- Near & Far Infrared Light Therapy
- Manual Lymphatic Drainage
- Empowered Relief® Classes
- Home tDCS Neuromodulation Options

Tailored Wellness Programs

You're more than a symptom – we design care for the *entire you.*

Marcie Bockbrader MD, PhD
3045 Baker Rd Suites K
Dexter, MI 48130
(734) 215-5643 | bepmedicalgroup.com

Rhythm and Renewal

The Transformative Power of Group Drumming

by Hannah Tytus

Across cultures and throughout history, rhythm has been used to support healing, celebration and connection. From traditional ceremonies to modern wellness gatherings, drumming communities create a space where people can share rhythm together, often without the need for extensive musical training or performance. Participants simply follow the beat, listen and contribute their own sound, creating a collective experience that can feel both grounding and energizing.

Spiritual Renewal

"Drumming is not just something I play—it is a call to the strength of my ancestors," says Francis Agyakwa, an educator and social worker reflecting on his Ghanaian heritage. "When we play the drum, we are giving back our tears, our toils and our stress to Mother Earth."

For him, the West African djembe—played with bare hands—offers a way to process emotion and transform tension. He leads group drumming sessions to help build resilience through self-expression, and in 2022, he presented a TEDx talk on how this traditional practice can help heal trauma.

When mentoring youth, Agyakwa has seen firsthand the benefits of drumming as a discipline and an intervention. "Their minds stop wandering," he explains. "They are finally present. For that moment, all they have to do is sit, focus and experience the drum."

Unity and Empowerment

Kristen Arant is a performing artist, songwriter and educator in the Washington, D.C., area. Affectionately known as "The Drumlady", she leads the Bele Bele Rhythm Collective, a diverse, intergenerational group of women and non-binary folks that celebrate unity and spread the joy and power of West African drumming.

"Drumming together in a group creates a bridge between people that is stronger than the pull of their differences," says Arant. "People become entrained. Entrainment is the process where two interacting, oscillating systems synchronize to the same rhythm. Our heartbeats and brainwaves become synchronized when we drum together."

Arant founded and ran the Young Women's Drumming Empowerment Project from 2005 to 2015 to help teenage girls use drumming as a tool for building self-esteem, personal growth and healing. As the young women learned to play the djembe, they were able to release buried emotion, amplify their voices and express their most authentic selves through rhythm.

> *"When we sit in a circle, there's no hierarchy —only connection."*

"When you sit down in a drumming circle, you're harnessing the power of ancient technology, and the healing process begins as soon as you put your hands on a drum and begin to play," Arant explains, adding that playing with bare hands allows the player to channel and express feelings of love, freedom and empowerment.

Addiction Recovery and Brain Health

Daniel Dickerson, an associate research psychiatrist at the University of California, Los Angeles, Integrated Substance Use and Addiction Programs, studies the effectiveness of Native American drumming as a treatment for substance use disorders. "Drumming has been a core aspect of the identity of Native Americans," he says. "It is a very sacred, spiritual practice that is culturally and community-rooted. With cultural-based interventions, we believe there is an opportunity to heal from historical trauma and to restore the balance."

A 2021 clinical trial of Drum-Assisted Recovery Therapy for Native Americans, developed by Dickerson, showed that drumming reduced drug and alcohol use, decreased cognitive impairment and lowered physical ailment complains among American Indian/Alaska Native participants. "Substance use is a disease of isolation," he explains. "With drumming, you get plucked out of your own self and your isolated state, and you are thrown into a supportive Native American community."

Dickerson also points out that earlier research has shown that "drumming helps to enhance healthy brainwave activity, very similar to what you would see in meditation." With this increased connectivity between different brain regions, "you have a better ability to handle your feelings and make better decisions." Nevertheless, healing and recovery require long-term commitments. "You need consistency to sustain any healthy practice," he observes.

Skills and Practice

"There is so much more to drumming than just sitting there and banging on the head of the djembe. There is a structure to it, such as making different shapes with your hands and bouncing them off a surface in different ways," says Agyakwa, adding that once students learn the basic techniques, they can flow into creative expressions with more ease.

"Each person brings a unique sound to the ensemble," he remarks. "When we sit in a circle, there's no hierarchy—only connection. You are going to get out of it as much as you give. Always remember to honor the people that brought this incredible ritual to you. The energy, the joy, the connection—we generate that together."

Hannah Tytus is an integrative health coach, former writer at the National Institutes of Health and host of the Root Shock podcast, exploring the cultural dimensions of health.

thrive!
Wellness Center

Personalized Nutrition Programs using whole-food supplements, herbs and dietary change to help you get your vibrant health back.

We Help With:
Anxiety • Allergies • Fatigue • Digestion • Fertility
Weight-loss • Hormones • Immune Issues
Thyroid • Headaches • Cholesterol • & Much More!

Mention this ad to receive $50 OFF your new patient evaluation!

Follow us at facebook.com/Thrive.WellnessCenterSaline or Instagram.com/Thrive.Wellnesscenter for free health tips, sales and recipes.

We're Thriving! Are You? Call us or stop by today!

734.470.6766 | 148 S. Industrial Dr | Saline Thrive-Wellness-Center.com

Cool Canines

Holistic Summer Tips To Keep Dogs Happy, Active and Itch-Free

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

As temperatures rise, dogs face seasonal challenges ranging from overheating and parasites to the physical demands of increased outdoor activity. Addressing these issues proactively can help keep them comfortable, active and resilient throughout the summer.

Hydration, Shade and Smart Timing

Dogs generate body heat quickly and cool themselves less efficiently than humans. Shifting walks and playtime to early morning or evening can reduce heat stress. Because pavement can become hot enough to damage paw pads, grassy or shaded routes are often safer choices.

Carrying extra water and offering breaks every 15 to 20 minutes during active outings helps prevent dehydration. Adding warm broth or gently cooked food to meals can also increase moisture intake at home. Heavy panting after mild exertion or difficulty settling indoors may signal the need for immediate cooling and rest.

Parasite Support

Peak flea and tick season requires a layered approach. Daily combing, regular bathing after outdoor adventures, washing bedding in hot water and frequent vacuuming help interrupt the parasite life cycle and reduce environmental exposure.

A simple external rinse made with 2 oz of apple cider vinegar diluted in 1 gal of water may help discourage fleas when used alongside other preventive measures. Apply it to the coat, especially under the belly and along the legs, avoiding the eyes, ears and irritated skin.

In areas with high parasite pressure or increasing disease risk, short-term use of conventional preventives may be appropriate. Preventing tick-borne illness and flea-related anemia should remain the priority. Good nutrition supports immune health, making dogs better equipped to handle environmental challenges.

Movement and Recovery

Certified holistic pet health coach, canine rehabilitation practitioner and canine fitness trainer Jennifer Holmes encourages a balanced approach to summer exercise.

“Summer movement should support the body, rather than overload it,” she says. “I encourage shorter outings in the cooler parts of the day, joint-friendly surfaces like grass or dirt trails and plenty of recovery between adventures.”

Research shows that even modest weight loss can improve mobility in overweight dogs with osteoarthritis. Excess body fat not only increases stress on joints but also contributes to inflammation throughout the body.

For senior dogs and those with mobility concerns, Holmes recommends consistency over intensity. “A smart summer day may include a short morning walk; a few gentle strength exercises; rest during the heat; and another easy movement session later,” she says. Exercises such as slow walking, backing up, stepping over low objects and weight shifts can support strength, balance and confidence.

Holmes also recommends simple at-home recovery practices. Pet parents can gently check for heat, swelling or sensitivity, then use light massage and calm handling to encourage relaxation. “Dogs build strength through movement, and they recover during rest,” she says.

Nutrition as Foundation

Nutrition plays a central role in mobility and overall well-being. Quality protein, healthy fats, hydration and colorful dog-safe vegetables support joint health and recovery. Supplements such as omega-3s, green-lipped mussel, collagen, glucosamine chondroitin and turmeric may also promote comfort and mobility when used under professional guidance.

For dogs with sensitive digestion or frequent travel schedules, heat-stable spore-based probiotics may help maintain gut health. Moisture-rich, gently cooked meals can further support hydration and digestion during warmer months.

Consistency Is Key

Holistic summer wellness is built on simple, repeatable habits: proper hydration, balanced nutrition, thoughtful exercise, adequate recovery and appropriate parasite protection. As Holmes says, “Activity today should support tomorrow’s movement.” Practiced consistently, these daily choices help protect comfort today while supporting long-term health and mobility.

Ruth Roberts, an integrative veterinarian and a holistic health coach for pets, is the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.

MONDAY, JULY 6

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. $3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, JULY 8

Family Bird Walk – 10-11:30am. We'll practice using binoculars and how to identify birds while taking a short stroll through the park to search for which birds call the park home. Binoculars provided. Free. County Farm Park, 2230 Platt Rd, Ann Arbor. Pre-registration required: Washtenaw.org.

Guided Tree Walk of Wurster Park – 6:30-8pm. Learn about the tree species in the park, how to identify them, and the many benefits they provide for resilience, sustainability and more. Meet at the play structure, 525 W Madison St, Ann Arbor. AnnArbor.WildOnes.org.

THURSDAY, JULY 9

Golden Hour Nature Hike – 7:30-8:30pm. All are welcome on this naturalist guided hike, no registration required. Park Lyndon South, 18801 N Territorial Rd, Chelsea. Washtenaw.org.

FRIDAY, JULY 10

Moth Night at Sharon Hills Preserve – 9-11pm. Join local entomologist and educator David Cappaert for an evening of nighttime exploration as we observe and learn about the diverse moth species that call this preserve home. Sharon Hills Preserve, 5701 Sharon Hollow Rd, Manchester. LegacyLandConservancy.org.

SUNDAY, JULY 12

Free Group Energy Healing – 4-6pm. With Carol Nelson, Certified Theta Healer and Access Consciousness Bars practitioner with 30 years of experience. This gentle, compassionate session helps participants release accumulated stress, restore mental clarity and return to a deep sense of peace. No experience necessary. Zoom. For Zoom link & be notified of future events: CarolNelson.kit.com/manifestation-newsletter. TrueSelfUnmasked.com.

WEDNESDAY, JULY 15

Plant and Mushroom Walk – 6-8pm. Explore the area and chose around 20-25 edible, medicinal or otherwise useful plants and mushrooms to focus on. $25. Tantre Farm, 2510 Hayes Rd, Chelsea. WillForageForFood.com.

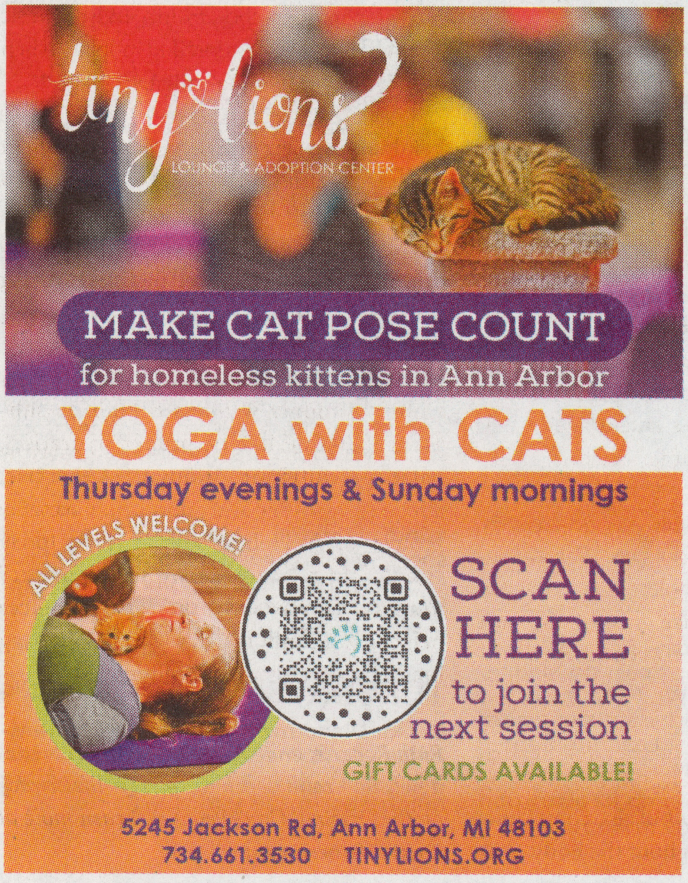
THURSDAY, JULY 16

Summer Sounds – July 16-18. 6pm. Stop by and join one of our favorite street parties of the year. Summer Art Fair, Stage on Main, Ann Arbor. TheArk.org.

SATURDAY, JULY 18

Project MOW at Johnson Preserve Training – 10am-12pm. Legacy will be hosting Project MOW, an Ypsilanti-based company, and its sheep as a new herbicide-free method to control invasive plants. Attendees will sign up for flexible daily shifts the week of July 19-26. Johnson Nature Preserve, 4595 Platt Rd, Ann Arbor. LegacyLandConservancy.org.

Whispers of the Arts – 4-9pm. Explore a variety of healing modalities, participate in interactive experiences, enjoy demonstrations, meet practitioners and community partners, tour the center, and discover resources that support healing and well-being in mind, body, heart, and spirit. Free. Angel Whispers



tiny lions
LOUNGE & ADOPTION CENTER
MAKE CAT POSE COUNT
for homeless kittens in Ann Arbor
YOGA with CATS
Thursday evenings & Sunday mornings
ALL LEVELS WELCOME!
SCAN HERE
to join the next session
GIFT CARDS AVAILABLE!
5245 Jackson Rd, Ann Arbor, MI 48103
734.661.3530 TINYLIONS.ORG

WHOLE LIFE
VETERINARY SERVICES
EXPERT
MOBILE HOLISTIC VETERINARY CARE
- Equine Lameness
- Laser Therapy
- Chiropractic
- Acupuncture
- Chinese Herbal Therapy
- In-Home Euthanasia
- End-of-Life Care

Text or Email
517.474.4050
wholelifevet@gmail.com
HOURS BY APPOINTMENT
wholelifeveterinary.com

If You Are Reading
This, So Are Your
Potential Customers.

natural
awakenings

Contact us today
to start doing more
business.

734-757-7929

Publisher@HealthyLivingMichigan.com

Healing Center, 3045 Baker Rd, Dexter. AngelWhispers.org.

SUNDAY, JULY 19

Pet Loss Support Group – 1-2:30pm. With Colleen O'Brien. Features guided discussions, remembrance rituals and opportunities for reflection and connection. In-person or Zoom. Free; donations appreciated. HSHV's Conference Room, 3100 Cherry Hill Rd, Ann Arbor. 734-661-3575. hshv.org/petloss.

WEDNESDAY, JULY 22

Free National Webinar: How to Talk to Your Neighbors (and Your HOA) About Your Garden – Join Lorraine Johnson for a practical conversation on navigating HOA rules, addressing neighbor concerns and fostering community conversations about native plant gardening and ecological landscapes. AnnArbor.WildOnes.org.

SATURDAY, JULY 25

Plant and Mushroom Walks – 12-2pm & 3:30-5:30pm. Explore the area and chose around 20-25 edible, medicinal or otherwise useful plants and mushrooms to focus on. $25/walk. For locations: WillForageForFood.com.

TUESDAY, JULY 28

Artist Spotlight: Stillhouse Junkies – 8pm. Free-range folk from Southwest Colorado. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, JULY 29

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. $3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

Ongoing Events

DAILY

Free Online Programs – Practical Buddhism, Healing and Compassion Meditation, Group Practice, White Tara Guided Healing Meditation, Sunday Talks. Jewel Heart Tibetan Buddhist Learning Center: 734-994-3387. JewelHeart.org.

Natural Medicine Training Registration – 9:30am-4pm. Begins in Sept; Fri and Sat once a month through July, during the second weekend. Certification series focusing on the core aspects of Natural Medicine practice. Mary Light Natural Medicine, 3684 W Liberty Rd, Ann Arbor. 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

WEEKLY

Jewel Heart Ann Arbor Programs – Includes courses, weekly meditation and social activities. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

SUNDAYS

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

White Tara Guided Healing Meditation – 10:30-11:30am. In-person & Zoom. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Guided Group Breathwork – 6-7:30pm. 4th Sun. See description above. Dzanc House, 402 S Huron St, Ypsilanti. Registration required: ThisBreath.com.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditation AnnArbor.org.

Mindful Dexter – 12-12:30pm. Last Mon. A short 30-min guided meditation that is a simple and practical mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Neverending Lam of Liberation – 7-8:30pm. With Demo Rinpoche. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Hatha-Flow Yoga for Wellness – 7:30-8:30pm. Beginner/Level 1; Intermediate/Level 2. Moderately challenging yoga practice. Suitable for those with a moderate fitness level, some yoga experience helpful but not necessary. In-person or online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/3fw4ezrm.

WEDNESDAYS

CEW+Inspire Midweek Mindfulness Guided Sit – 12:15-12:45pm. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple; sign up once to receive ongoing access to weekly Zoom sessions. Cew.Umich.edu.

THURSDAYS

Farm Stand – 9am-4pm. Thurs & Fri. Offering self-serve. Green Things Farm Collective, 3825 Nixon Rd, Ann Arbor. 734-772-1418. GreenThingsFarm.com.

Class Observation – 11-11:30am. Also Fri. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

Gentle Restorative Yoga for Stress & Anxiety Relief – 7:30-8:30pm. Beginner/Level 1. Create harmony and balance of body and mind through physical postures, breathing techniques and an extended guided relaxation at the end of class. In-person & online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/4u9e7jsm.

FRIDAYS

Monthly Women's Circle – 6:30-8pm. 2nd Fri. A safe and supportive circle to come together to build skills, process emotions, connect with others and foster sisterhood. The circle offers guidance, laughter, sharing, growth and strength in community. $25. Alchemy Holistic Collective, 105 E Middle St, Chelsea. 734-210-1922. AlchemyHolisticCollective.com.

SATURDAYS

Saline Outdoor Farmers Market – Thru Nov 8. 8am-12pm. 100 S Ann Arbor St, Parking Lot 4, Saline. SalineMI.gov.

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.

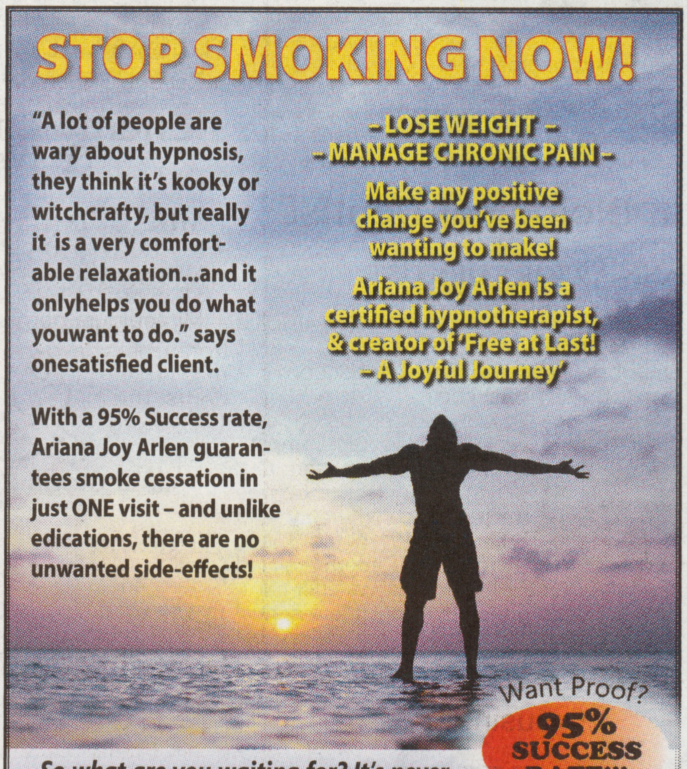
Herbal Medicine Open House – 12-1pm. 3rd Sat. Experience the herbs, relax in the classroom, have some tea. Open house to share program literature, meet and give details of training to aspiring Herbalists, Kitchen Medicine Makers, and seekers of independent wellness. Free. Dexter Natural Health Center, 3255 Central St, Dexter. 734-769-7794. NalturopathicSchoolOfAnnArbor.net.

TURN YOUR PASSION INTO A
REWARDING CAREER

ONLINE NATURAL PRODUCT SCIENCES PROGRAMS

Concentrations in Medical Cannabis & Nutraceuticals

CONCORDIA UNIVERSITY WISCONSIN | SHOOL OF PHARMACY | CUW.EDU/NPS


STOP SMOKING NOW!

"A lot of people are wary about hypnosis, they think it's kooky or witchcrafty, but really it is a very comfortable relaxation...and it onlyhelps you do what youwant to do." says onesatisfied client.

With a 95% Success rate, Ariana Joy Arlen guarantees smoke cessation in just ONE visit – and unlike edications, there are no unwanted side-effects!

– LOSE WEIGHT –
– MANAGE CHRONIC PAIN –

Make any positive change you've been wanting to make!

Ariana Joy Arlen is a certified hypnotherapist, & creator of 'Free at Last! – A Joyful Journey'

Want Proof?
95% SUCCESS RATE!!!
Smoking Cessation in ONE visit!

So what are you waiting for? It's never too late to begin a 'Joyful Journey.'
Call today! 734-883-8775

Acupuncture & Herbal Medicine

PRESCRIPTION EARTH
Melissa Anderson L.Ac
517-618-1772
PrescriptionEarth.com

prescription | earth
acupuncture + herbal medicine

Melissa provides a wide selection of services including acupuncture, acutonics, gua sha and fire cupping. She has treated thousands of patients with medical conditions including (but not limited to) digestive disorders, pain, anxiety, depression, PTSD, women's health & fertility, and auto-immune diseases. *See ad, page 19.*

Aromatherapy

ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

Biological Dentist

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*

Coaching

BECKY BORTAK, MA, ACA
Coaching@BeckyBortak.com
248-931-0944
BeckyBortak.com

I believe everyone can create a fulfilling and meaningful life, and I can help you achieve that. I offer one-on-one coaching. My areas of expertise include career coaching and confidence-building.

Education

CONCORDIA UNIVERSITY WISCONSIN
School of Pharmacy
CUW.edu/NPS

CONCORDIA UNIVERSITY WISCONSIN

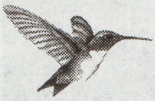
Take the next step toward a career that makes a difference! Discover Your Future in Natural Product Sciences with our flexible graduate programs. Choose from a 30-credit online Master's degree or a 12-credit graduate certificate, both designed to fit your life and goals. Specialize in medical cannabis or nutraceuticals, and prepare for exciting roles in healthcare, pharmacy, research and development, manufacturing, business and beyond. *See ad page 29.*

Energy Enhancement & Wellness

MIRACULOUS ENERGIES
(A Private Membership Association)
MiraculousEnergiesAssociation@gmail.com
517-599-4949
MiraculousEnergies.com

Miraculous Energies
Energy Lounge

The EESystem combines Body, Mind, Spirit and Science. This system generates multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. *See ad page 5.*



Health Food Store

BETTER HEALTH MARKET & CAFE
3500 Washtenaw Ave, Ann Arbor
734-975-6613
BetterHealthMarket.com

Better Health

Michigan's #1 source for organic foods, vitamins and more. Better nutrition at better prices, all backed by better advice from our nutrition experts. You will find; organic produce, all the top-quality vitamins and supplement brands, sports nutrition and proteins, delicious prepared foods, desserts, an organic salads, soup and hot bar, natural bath, body and aromatherapy products, green home products. Get rewards through our APP. *See ad page 21.*

Holistic Doctor

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads pages 10 and 16.*

Homeopathic Pharmacy

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Castle Remedies

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nuitional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 23.*

Integrative & Functional Medicine

BEP MEDICAL GROUP
3045 Baker Rd., Ste. I & K
734-215-5768
BEPMedicalGroup.com

Led by Dr. Marcie Bockbader, MD, PhD, FAAPM&R, FASAM, our multidisciplinary holistic treatment team uses state-of-the-art technology and treatment modalities to treat the entire person: body, mind, spirit, and lifestyle. We firmly believe that addressing health issues requires more than a "one size fits all" approach. Our enhanced TMS (enTMS) and Wellness treatment plans are tailored to each patient to enhance outcomes and provide optimized results. *See ad page 19.*

Mobile Holistic Veterinary Services

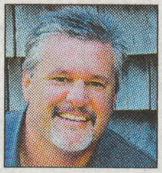
WHOLE LIFE VETERINARY SERVICES
WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com

WHOLE LIFE
VETERINARY SERVICES

Give your horse or pet the benefit of both worlds with a combination of Western medical knowledge and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. *See ad page 27.*

Mold Testing & Remediation

MOLDPRO
John Du Bois, CMI, CMR, CCMI
247 W. Main Street, Milan
734-439-8800 • MoldProllc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Natural First Aid

DOCTOR RADOW'S POVIDONE-IODINE OINTMENT
DoctorRadows@gmail.com
386-414-1809
DoctorRadows.com

DOCTOR RADOW'S

This hospital-grade ointment provides fast, effective healing for cuts, scrapes and wounds—without antibiotics, sting or scarring. Used by medical professionals, it's now available for home use without a prescription to support clean, confident, everyday care. *See ad page 11.*

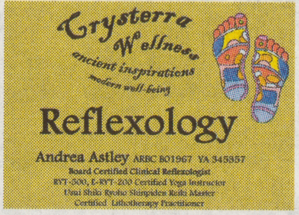
Nature-Oriented Meeting Space

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 16.*

Reflexology & Reiki

CRYSTERRA WELLNESS
Andrea Astley ARCB BO1967 YA 345357
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



Crysterra Wellness
ancient inspirations
modern well-being
Reflexology
Andrea Astley ARBC BO1967 YA 345357
Board Certified Clinical Reflexologist
RYT-500, E-RYT-200 Certified Yoga Instructor
Usui Shiki Ryoho Shinpiden Reiki Master
Certified Lithotherapy Practitioner

Suffering from the effects of Stress, Fatigue, Hormonal Issues, Burn-out, Inflammation, Chemotherapy, Insomnia, Depression, Chronic Pain and/or Digestive issues? REFLEXOLOGY CAN HELP! Reflexology can assist in addressing many physical and emotional health concerns. Experience the difference a highly skilled, Board Certified Clinical Reflexologist can make as part of your Wellness Team!

Smoking Cessation

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 26.*

Weight Loss

FREE AT LAST! HYPNOSIS
CENTER - A JOYFUL JOURNEY
734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 26.*

Wellness Center

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com

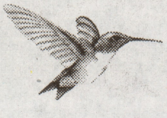
thrive!
Wellness Center

At Thrive! Wellness Center Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 25.*

WHOLE BODY WELLNESS

Be seen by engaged, health-conscious readers in your community.

Get your business listed in this Directory.
Only $99/month
Text (734) 757-7929



WYCOFF
WELLNESS

Improving Your Health and Wellness Naturally!

Take a Virtual Tour of our Office!

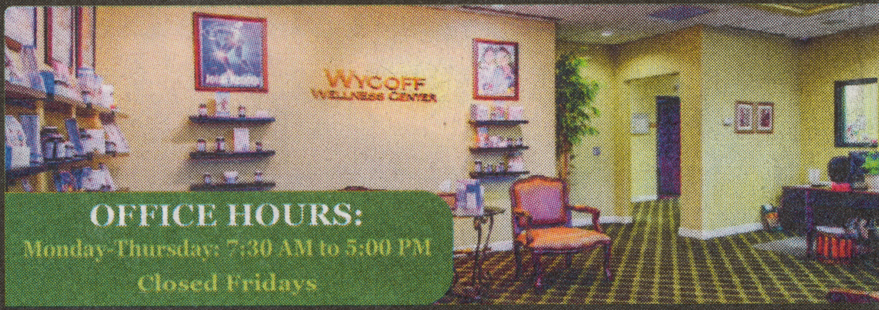
SCAN ME!

Semaglutide Weight Loss Program
Nutrition
Supplements
IV Therapy
Ozone Therapy
Colon Hydrotherapy
& More!

Call today for your initial visit and consultation!

517.333.7270

1226 Michigan Avenue
East Lansing | Michigan
www.wycoffwellness.com



OFFICE HOURS:
Monday-Thursday: 7:30 AM to 5:00 PM
Closed Fridays

Summer Sale EXTRAVAGANZA EVENT

20% OFF
ALL OF OUR HIGH QUALITY SUPPLEMENTS*

Once yearly discounts on ALL Treatment Packages

UBI • Ozone • IV Nutrient Infusions • Infrared Sauna
Semaglutide Weight Loss Program • Colon Hydrotherapy
Chelation • Verju Body Contouring Laser (and cellulite removal)

20% OFF ALL our supplements - available in our office only!
Note - Anyone may purchase supplements at our office or online - not just patients!

Dr. John Wycoff

"We are comitted to finding the CAUSES of your symptoms; not just treating your symptoms."